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ALSTON-WITH-GARRIGILL
RURAL DISTRICT COUNCIL.

ANNUAL REPORT
OF THE
MEDICAL OFFICER OF HEALTH
FOR 1962.

BRITISH MUSEUM

To The

CHAIRMAN AND MEMBERS OF THE

ALSTON-WITH-GARRIGILL

RURAL DISTRICT COUNCIL.

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Mr. Chairman, Ladies, and Gentlemen,

I have the honour to submit my report as Medical Officer of Health for the year 1962. I wish to thank the Public Health Inspector for his assistance in preparation of my report.

Yours faithfully,

JOHN R. HASSAN,

Medical Officer of Health.

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REPORT OF THE MEDICAL OFFICER OF HEALTH FOR ALSTON-WITH-GARRIGILL RURAL DISTRICT COUNCIL FOR THE YEAR 1962.

SECTION A

VITAL STATISTICS

Statistics and Social Conditions of the Area.

Area	36,971 Acres.
Population	1961
Registrar General's Estimate of Resident Population, Mid-year	2,180
Number of inhabited houses according to Rate Book	
Alston Ward	525
Nenthead Ward	199
Garrigill Ward	130
Total	854
Rateable Value	£18,181
Penny Rate Product	£70

COMMENT

As is always the case the birth rate and death rate of this Rural District compare unfavourably with the national and county rates. However there is an improvement on 1961 when there were 16 more deaths than births in contrast to 1962 when there were 4 more births than deaths. In the case of half of the deaths the causes were cardio-mascular, that is, degenerative disease of the heart or cerebral vessels. Deaths from malignant disease numbered six, of which half were due to lung cancer. The general health of all age groups was good although the prevalence of minor respiratory complaints constitutes the main cause of ill health and absence from work and school. There is no doubt that the climate is the villain in this matter.

Once again it is possible to report favourably on pulmonary tuberculosis. There were no new cases and the number on the register continues to be reduced by cure. The successful treatment of this condition and the immunisation of those who are not immune to it, makes possible the hope that complete eradication will come. That other lung condition, cancer, has increased. It must not be thought that this condition is invariably incurable, because it is in the early stages. Early detection is the obvious answer and with the facilities of miniature radiography available to all, the cure rate should improve. Everyone over the age of forty should have a chest X ray at least once a year.

Disease prevention by immunisation against Whooping Cough, Diphtheria, Poliomyelitis and Tetanus was accepted by practically 100% of the infants during the year. This reflects most favourably on their enlightened parents. Bearing in mind that there were 37 births, the figures of 39 receiving Primary Immunisation against Poliomyelitis and 32 receiving Primary Immunisation against Diphtheria and Whooping Cough are most satisfactory.

The wisdom of the Council in building single bedroom flats for old people amidst the new housing estates in the area, has largely met the problem of the loneliness of the old, but as required by the Ministry of Health a new Home with ten places, in association with twelve new flatlets is to be built in the Church Road site. Thus the welfare of the elderly is receiving still more serious and thoughtfull attention. It will therefore no longer be necessary for certain elderly people to be moved from this area, when in need of modified care.

I should like to thank the Chairman and Members of the Health Committee for their continuing interest and help during the year.

LIVE BIRTHS	1962 M	F
Legitimate	16	21
Illegitimate	-	-
	37	

STILL BIRTHS.	M	F
Legitimate	1	2
Illegitimate	-	-
	3	

	M	F
Deaths of Infants under 1 week of age	-	-
" " " " 4 weeks " "	-	-
" " " " 1 year " "	-	1
	1	

ANNUAL BIRTH RATE per 1,000 estimated population.

For this area	17.4
For Cumberland	18.3
For Rural District of Cumberland	18.3
For England and Wales	18.0

DEATHS	M	F
	17	16
	33	

ANNUAL DEATH RATE per 1,000 estimated population.

For this area	15.1
For Cumberland	12.2
For Rural District of Cumberland	12.1
For England and Wales	11.9
Deaths from Puerpal Causes	Nil

	M	F
Death from Cancer (all ages)	4	2
	6	

Deaths from Measles	Nil
" " Whooping Cough	Nil
" " Diphtheria	Nil
" " Diarrhoea	Nil

SECTION B

(i) PUBLIC OFFICERS OF THE AUTHORITY.

Medical Officer of Health (Part-time)
John R. Hassan, M.B., Ch.B., D.R.C.O.G.,
Cottage Hospital,
ALSTON.

Public Health Inspector,
R.W. Thomas, M.A.P.H.I.,
Town Hall,
ALSTON.

(ii) (a) Laboratory Facilities.

The Pathological Laboratory of the Cumberland Infirmary, Carlisle supplies a complete range of service under this heading.

(b) Ambulance.

This service runs satisfactorily.

(c) Home Nursing.

This service continues to run efficiently and some figures are given to show the extent of the work.

Number of Home Helps on books.	11
Number of Householders helped.	21

Nursing Services.

Number of cases nursed.	100
Number of Nursing Visits.	1,491
Health Visiting.	1,140

The Matron of the Cottage Hospital in collaboration with the District Nurses has established weekly classes in Mothercraft and Relaxation. It is encouraging to report these classes are well attended with benefit to all concerned.

(d) Clinics and Treatment Centres.

Consultant Services are available at Carlisle and Newcastle. Physiotherapy is available on two mornings each week at the Cottage Hospital. Maternity and Child Welfare Clinics are held weekly at the Cottage Hospital provided of course by the Cumberland County Council. The School Dental Clinic is held one day a fortnight at the Cottage Hospital.

The Dental Service (N.H.S.) is provided one day a week by a Private Practitioner.

East Cumberland Hospital Management Committee provide a Consultant Radiology Service one afternoon each fortnight.

SECTION C

WATER SUPPLIES.

Following instructions laid down in Ministry of Health Circular, 1/63.

(a) In general the quality of the water supplied through the Council's mains was satisfactory. The various supplies are derived from land springs in carboniferous limestone. The spring at Killhope, Nenthead, however, has a fairly high iron content which causes slight discolouration. Because of this iron content, and because, for the most part, the water mains in Nenthead are of Asbestos Cement pressure pipes, a coating occurs on the internal surface of the pipes, and should the flow of water be disturbed by, say the operation of a sluice valve, fire hydrant or shortage, the water for a while becomes badly discoloured.

With regard to quantity, again Nenthead presents the greatest concern, and more so during the very hard winter, when several service pipes were frozen under ground. When weather permitted, arrangements were made for water to be transported to certain districts by road.

Under normal conditions, the position in Alston is satisfactory, but since the Alston Foundry Ltd. converted to all electric furnaces in 1959, their annual consumption has risen to three to four times, with the result that a closer watch has to be kept on the reservoir water levels.

Garrigill and Leadgate present no problems with regard to quantity.

(b) Type AHWM reagent feeders are installed at Springfield, Alston and at Killhope, Nenthead. Partly due to the loss of yield at the Killhope spring, combined with iron in suspension, difficulty is experienced in maintaining this machine in working order.

(c) None of the waters supplies are liable to plumbo solvency.

(d) Action taken in the event of contamination is covered by (b) above.

(e)	No. of dwelling houses supplied	(i) direct to houses	678
		(ii) by standpipes	9
	No. of population supplied	(i) direct to houses	1930
		(ii) by standpipes	9

It should be noted that this is the last full year that the Council is the water undertaking authority, as with effect from 1st. April, 1963, the water undertaking will be administered by the Eden Water Board.

SEWERS AND SEWERAGE DISPOSAL.

There is little change from last year. The adequacy of the existing works at Alston leaves room for doubt, but it is hoped that by the end of 1963, more details will be available.

REGISTERED COMMON LODGING HOUSES.

There are none in the district.

PUBLIC CONVENIENCES.

Work has been commenced on the alterations to the Mens' Conveniences at Alston, and it should be ready for use at Easter.

PUBLIC CLEANSING.

This service can be regarded as having been carried out satisfactorily during the past year.

The old Refuse Collection Vehicle came into service on 1st. March, 1950, and has served the district well. The Council have now agreed to purchase a new vehicle, and it is hoped that it will do as well as its predecessor.

Whilst on the subject of Refuse collection, it is interesting to note that as steps are taken to improve one aspect of Public Health, another is affected adversely. The weight of refuse is declining, but the volume is increasing. The pre-packaging of foodstuffs and other commodities is directly responsible, and in congested areas, householders find difficulty in burning the wrappings, and consequently they find their way into the dustbin. In the majority of cases, cardboard cartons are non-returnable, and shopkeepers find as easy way as possible to dispose of them by delivering orders to the householders in them.

Some shopkeepers do arrange to dispose of the cartons, but those who cannot should flatten them and bind them together before putting them out for collection.

With the present complement of outdoor staff, a system of salvage collection would be uneconomical.

SANITARY POSITION OF THE AREA.

Number of Inspections	513
Nuisances Report	-
Nuisances abated by Informal Notices	-
Informal Notices	-
Statutory Notices	-
Number of Houses Inspected	223
Number of Houses disinfected	-
New Houses erected (Local Authority)	14
New Houses erected (Privately)	-
Plans submitted	36
Plans approved	35
Number of Sewer connections	14
Number of Water connections	14
Houses demolished	4
Houses closed	8

FACTORIES.

(i) Inspection for purposes of provisions as to health (including inspections made by the Sanitary Inspectors).

Premises.	No. on Register	No. of Inspections.	No. of Written Notices.	No. of Occ. Pros.
(i) Factories in which Sec. 1,2,3,4 & 6 are to be enforced by Local Authority.	4	1	-	-
(ii) Factories not included in (i) in which Sec. 7 is enforced by the Local Authority.	13	13	-	-
(iii) Other premises in which Sec. 7 is enforced by the Local Authority (excluding out-workers premises).	-	-	-	-
	17	14	-	-

(ii) Cases in which defects were found ..... Nil.

S E C T I O N D

HOUSING.

Work in connection with slum clearance was continued and the future development of the Maltings, Alston was decided. In conjunction with the Cumberland County Council, this Council intend to build a small Home for aged persons (Part III) and 12 flatlets (Warden system).

The 14 dwellings as an extension to Church Road were completed during the year.

POST WAR HOUSING.

Council Houses completed at the end of 1961 141
Privately owned Houses " " " " " 13

Estimated number of houses unfit for habitation which cannot be made fit at reasonable cost 48

Number of houses overcrowded 7
Total number of applicants for Council Houses 22

IMPROVEMENT GRANTS.

Number of privately owned houses for which Improvement Grants were sought 7
Number of applicants for Grants approved 7
Number of improvements completed 4
Improvement Grant total £1121

STANDARD GRANTS.

Number of Standard Grant applications granted 2
Number of Standard Grant work completed 3
Standard Grant Total ..... £160.11.3d.

S E C T I O N E

MEATS.

Shops.
Both Butcher's shops can now be regarded as satisfactory.

Slaughterhouses.
One privately owned slaughterhouse was operated satisfactorily during the year.

The quality of beasts etc. has been very high, and the only meat found to be unfit were a small percentage of offal - livers affected by fluke worm.

There was no evidence of Cisticercus Bovis.

The throughput for the slaughterhouse for the year was:-

Cattle 122 Sheep 490 Pigs 10

MILK.

Number of retailers 9.

Again attention is drawn to the condition of milk bottles. The public are largely to blame as often there are long delays before the empty bottles are returned to the dairyman.
Also care on all sides should be taken to prevent the chipping of the necks of bottles and chipped bottles should NOT be used.

CATERING ESTABLISHMENTS.
Again the various establishments have been satisfactory. They are as follows:-

	Licenced Hotels.	Temperance Hotels.	Snack Bar.	Fish & Chip Shop.	Total.
Alston.	3	3	2	1	9
Nenthead.	1	-	-	-	1
Garrigill.	1	-	-	-	1

The total number of licenced premises are as under:-

Alston 6
Nenthead 3
Garrigill 1
10

Premises registered under Sec. 16 of the Food & Drugs Act, 1955, (Making Sausages and Pressed Meats) 2
Premises registered for the sale of ice cream only..... 10

RECORD OF FOOD VOLUNTARILY SURRENDERED DURING 1962.

Cooked Ham	5 tins.	47 lbs. 14 ozs.	Meat Loaf.	2 tins.	1 lb. 8 ozs.
Peaches.	15 tins.	25 lbs. 9 ozs.	Fruit Salad.	2 tins.	3 lbs. 12 ozs.
Apricots.	4 tins.	7 lbs. 12 ozs.	Grapefruit.	5 tins.	6 lbs. 2 ozs.
Pears.	7 tins.	11 lbs. 14 ozs.	Mandarin Oranges.	4 tins.	2 lbs. 12 ozs.
Pineapples.	1 tin.	1 lb. 13 ozs.	Cream	1 tin.	6 ozs.
Evaporated Milk.	1 tin.	¾ pint.			

S E C T I O N F.

INFECTIOUS AND OTHER DISEASES.

Poliomyelitis Vaccination.	
Primary	39
Completed	21
Booster	26
Smallpox Vaccination	
Primary	85
Triple Antigen	
Primary	32
Completed	22

NOTIFIABLE DISEASES FOR THE YEAR 1962.

DISEASE.	
Typhoid	-
Paratyphoid	-
Scarlet Fever	-
Whooping Cough	13
Diphtheria	-
Erysipelas	-
Smallpox	-
Measles	1
Pneumonia	3
Puerper Pyrexia	-
Dysentry	1
Ac. Poliomyelitis	-
Chicken Pox	-
Tuberculosis	-
Meningitis	-

CAUSES OF DEATH.	M.	F.
1. Tuberculosis, Respiratory	1	-
2. " Other Forms	-	-
3. Syphilitic Diseases	-	-
4. Diphtheria	-	-
5. Whooping Cough	-	-
6. Meningococcal Infections	-	-
7. Acute Poliomyelitis	-	-
8. Measles	-	-
9. Other Infective and Parasitic Diseases	-	-
10. Malignant Neoplasm Stomach	1	-
11. " " Lung Bronuchus	2	1
12. " " Breast	-	-

		M.	F.
13.	Malignant Neoplasm Uterus	-	-
14.	Other Malignant and Lymphatic Neoplasma	1	3
15.	Leukaemia, Aleukaemia	-	-
16.	Diabetis	-	-
17.	Vacular lesions of Nervous System	4	6
18.	Coronary Disease	3	0
19.	Hypertension with Heart Disease	-	-
20.	Other Heart Diseases	2	-
21.	Other Circulatory Diseases	-	1
22.	Influenza	-	-
23.	Pneumonia	-	1
24.	Bronchitis	-	2
25.	Other Diseases of Respiratory System	-	-
26.	Ulcer Stomach and Duodenum	1	-
27.	Castritis, Enteritis, and Diarrhoea	-	-
28.	Nephiritis and Hephrosis	-	-
29.	Hyperplasis of Prostate	-	-
30.	Pregnancy, Childbirth and Aboration	-	-
31.	Congenital Malformations	-	-
32.	Other Defined and ill-defined Diseases	2	1
33.	Motor Vehicle Accidents	-	-
34.	All other accidents	-	1
35.	Suicide	-	-
36.	Homicide and War Operations	-	-
		17	16

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